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# ALL THROUGH THE DAY

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# THE MOTHER GOOSE WAY

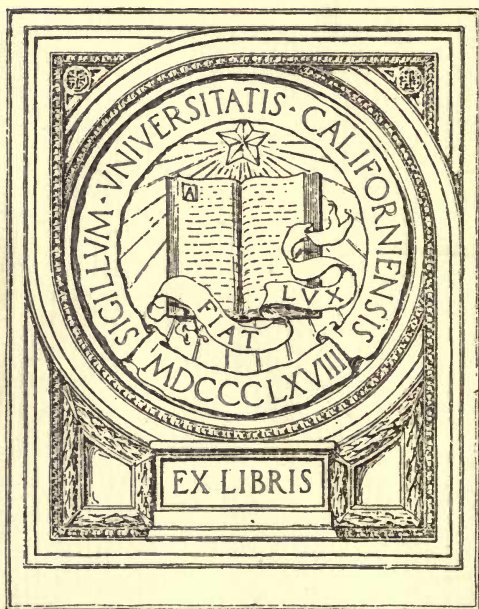
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**ALL THROUGH THE DAY  
THE MOTHER GOOSE WAY**

SECOND IMPRESSION





# ALL THROUGH THE DAY THE MOTHER GOOSE WAY

MOTHER GOOSE'S CHILDREN OF LONG AGO:  
WHAT GAVE THEM PAINS AND ACHES  
AND WHAT MADE THEM GROW

BY  
JEAN BROADHURST



PHILADELPHIA AND LONDON  
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*one*

TO YOU  
AND  
THE REST OF MOTHER  
GOOSE'S CHILDREN

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## ACKNOWLEDGEMENTS

It is with pleasure that the author acknowledges the generous aid given in the preparation of this book.

The text has benefitted by the advice and criticism of Miss Emma Dolfinger of the Normal School at Louisville, Kentucky; Miss Annie E. Moore, of Teachers College, New York City; Miss Alice Phelps, of the Horace Mann School, New York City; Miss Mary Morris, Perth Amboy, New Jersey; and Miss Marion Lerrigo, Topeka, Kansas.

Permission to use the "Movie" and "Zookie" figures was granted by Mr. E. J. Read, Rutherford, N. J., and by Mr. George Pfeiffer of the George Borgfeldt and Co. of New York City. Helpful criticism of the illustrations was given by Miss Lucia Dement, Teachers College, New York City, and several other friends have generously aided in their preparation: Namely, Miss Alice Thorn, Miss Mary Morris and Miss Hattie Fenton.

THE AUTHOR





## ALL THROUGH THE DAY THE MOTHER GOOSE WAY

This book is an effort to give in an incidental way, adapted to young children, the most important principles of healthy living. The child needs to form a number of good health habits very early in life. We cannot wait until he can be persuaded by the usual type of text book explanations. He must be "caught earlier" than that. The Old Mother Goose favorites—unspoiled by additions or changes—and the adaptable "movie-man" and "zookie" figures make a suitable introduction for the younger children.

Little reference is made in the text itself to habit formation. It is neither advisable nor fair to put upon the child the burden of habit formation as such.

Devices have been included by which the child is given something to do in a constructive and interesting way so that certain desirable habits may be established unconsciously through such project methods.







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“ Jump over the candlestick ” sounds easy, but this is a big candle—half as high as Jack. Can you jump that high?

What else can you do to keep yourself nimble and quick? Most outdoor games are good, and some kinds of work, like running errands and working in the garden, are very good exercises, too.

Exercise every day but don't get too tired. If you run too long or too fast your heart has to work too hard. If you lift things that are too heavy, you may hurt your back.







## JACK BE NIMBLE

Jack, be nimble,  
Jack, be quick;  
Jack, jump over  
The candlestick.



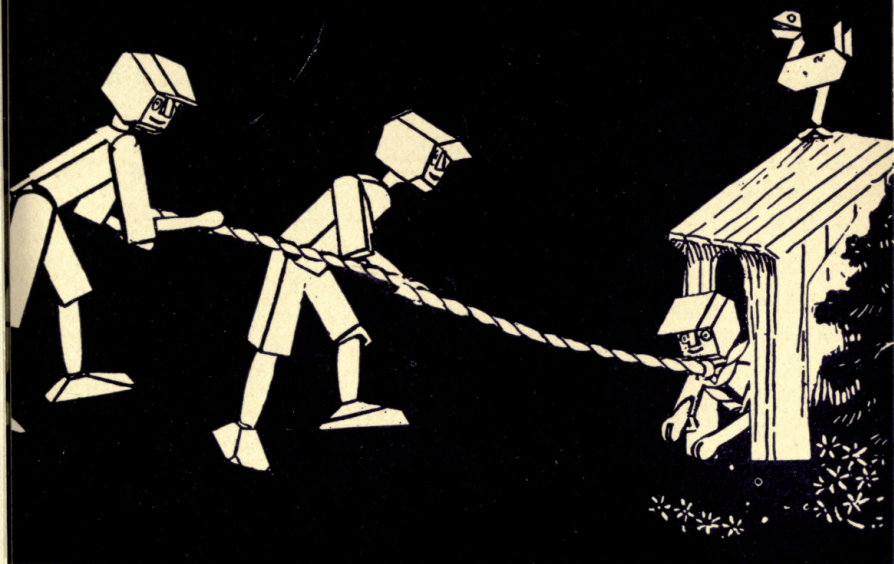
Bonny Lass crawled into the dog house for fun.  
But poor fat Bonny Lass stuck fast and she isn't  
having any fun now.

What makes Bonny Lass so fat?

She eats too much sweet food like candy and cake.  
You should see her eat! And that makes her too  
lazy to exercise. She just sits and reads or sews  
instead of walking and playing out doors in the  
fresh air.

O, Bonny Lass, you lazy, fat girl! Ask Nimble  
Jack how he learned to jump so well.





## BONNY LASS

Bonny Lass, Bonny Lass,  
Wilt thou be mine?  
Thou shalt not wash dishes,  
Nor yet feed the swine;

But sit on a cushion,  
And sew a fine seam,  
And feed upon strawberries,  
Sugar and cream.

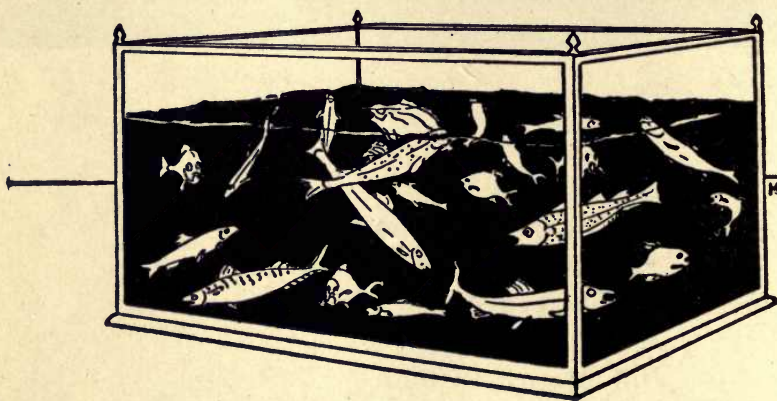




Did you ever hear that some people eat too much meat? Once a day is enough. And most people would be better if they didn't eat quite that much meat.

Eat fish sometimes instead of meat. And eat plenty of milk and eggs. They are even better for you than meat.

Every time you eat fish instead of meat for dinner mark out one of the fish in this tank.





## DANCE TO YOUR DADDY

Dance to your daddy,  
My little baby;  
Dance to your daddy,  
My little lamb.  
You shall have a fishy,  
In a little dishy;  
You shall have a fishy,  
When the boat comes in.



Did you ever get out on the wrong side of the bed?  
That's what father calls it when I wake up cross.



But what's the use of staying cross?  
Whistle or sing until you drive all the cross-  
ness away.

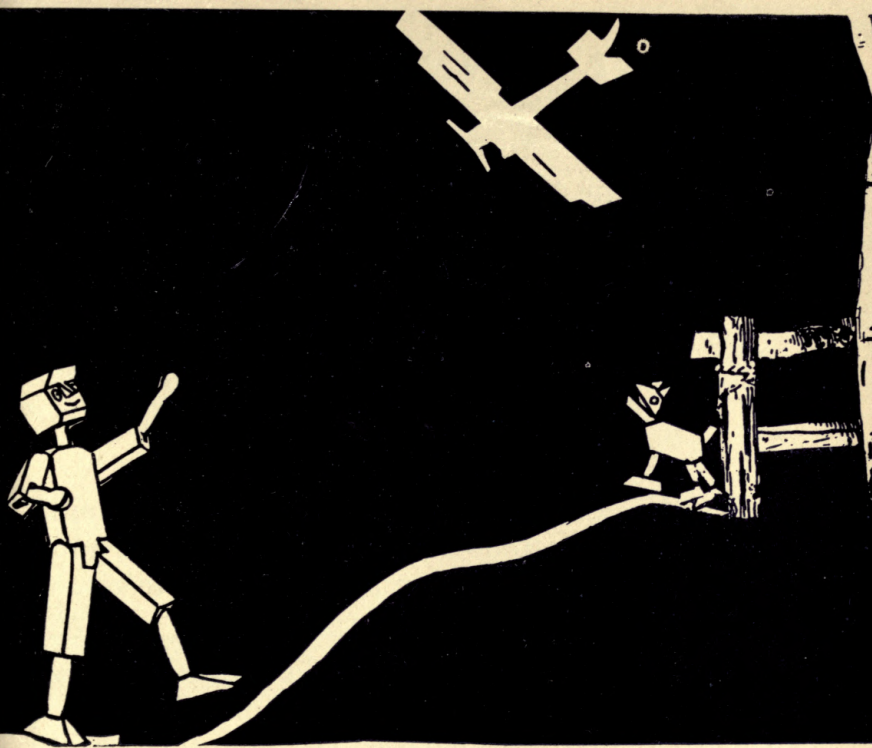


Laugh and be merry, because it's the merry heart  
that lasts the day out, and it's the merry heart that  
has a good time all the day long.

Look in the looking glass and then draw the kind  
of a mouth you are going to have.







## A MERRY HEART

Jog on, jog on, the foot path way,  
And merrily jump the stile, boys.  
A merry heart goes all the day ;  
Your sad one tires in a mile, boys.



Wee Willie Winkie, you didn't catch Ned. He made a paper clock to show him when to go to bed.



See the star he pasted on the clock to remind mother when to call him. Then he's sure to get up in time to eat a good breakfast before he goes to school.

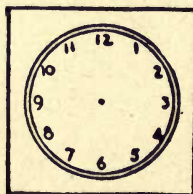
Children 5 to 6 years old need 13 hours of sleep.

Children 6 to 8 years old need 12 hours of sleep.

Children 8 to 10 years old need  $11\frac{1}{2}$  hours of sleep.

Children 10 to 12 years old need 11 hours of sleep.

How many hours of sleep do you need? Can you mark this clock to show when you should go to bed and when you should get up?





## WEE WILLIE WINKIE

Wee Willie Winkie runs through the town,  
Up-stairs and down-stairs in his nightgown,  
Rapping at the window, crying through the lock,  
“ Are the children in their beds, for now it’s  
eight o’clock ? ”





Since the crooked man lived where everything else was crooked perhaps he didn't mind being crooked.

Would you like to be a crooked man? How do you stand now—straight or crooked?

Does mother ever have to say, "Sit up straight?"

Here are four things to do that will help you grow up to be a straight man or woman.

1. Hold your head up high.
2. Keep your chin in.
3. Keep your back straight.
4. Walk with your feet straight.





## THE CROOKED MAN

There was a crooked man, and he went a  
crooked mile,  
He found a crooked sixpence against a  
crooked stile;  
He bought a crooked cat, which caught a  
crooked mouse,  
And they all lived together in a little  
crooked house.



Thirty white horses to keep clean! Have you  
thirty teeth yet?

Brush out all the food between your teeth.  
Brush up and down. And then brush them on the  
inside—the side next to your tongue.

Do you keep your tooth brush in a clean dry place?  
Who wants to use an old, wet tooth brush!

Put in the letters that tell when to clean your  
teeth.

*When I get u .*

*After each m . . .*

*Before I go to b . .*





## THIRTY WHITE HORSES

Thirty white horses upon a red hill;  
Now they tramp,  
Now they tramp,  
Now they stand still.

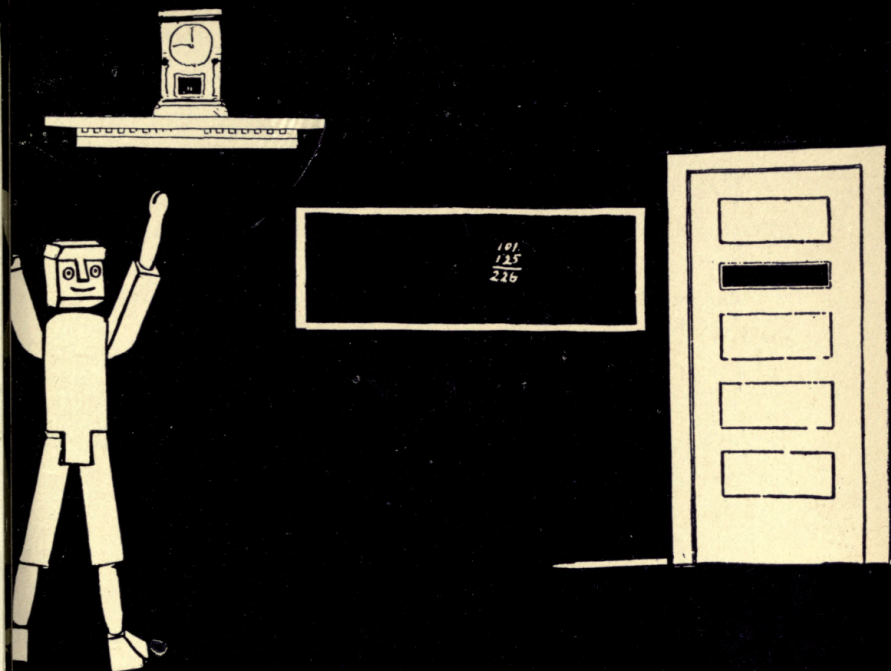


Is your face really clean if your ears are dirty?  
If your neck is dirty?

Are your hands clean when your nails are dirty?  
When you look to see if your hands are clean do you  
look at the back or just the inside of your hands?

Do you wash your hands before you eat? Remember  
that only clean things should go into your mouth;  
dirty fingers will make your food dirty, too.





## THE LITTLE CLOCK

There's a neat little clock,  
In the schoolroom it stands,  
And it points to the time  
With its two little hands.

And may we, like the clock,  
Keep a face, clean and bright,  
With hands ever ready  
To do what is right.





Pease-pudding hot and pease-pudding cold is a great game. That's what these boys are playing.

Look out, boys, or you will upset your bowls, and you will have no supper at all.

That would be too bad, because peas and beans are such good food—better in some ways than meat. So are eggs and milk.



Instead of meat,  
We can eat



1

2

3

4

5



## PEASE-PUDDING

Pease-pudding hot,  
Pease-pudding cold,  
Pease-pudding in the pot,  
Nine days old.

Some like it hot,  
Some like it cold,  
Some like it in the pot,  
Nine days old.

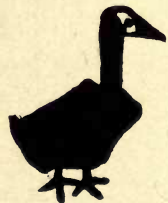


Whatever day you sneeze, cover your sneeze with your handkerchief. The boy in this picture was too slow. He didn't get his handkerchief up in time.

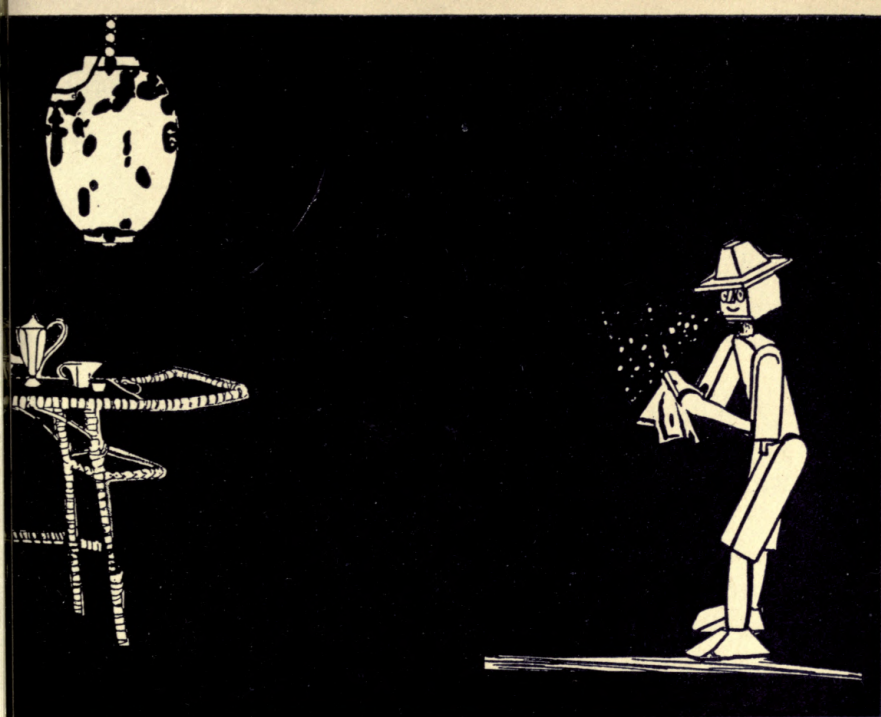
After using your handkerchief put it away in your pocket.

Be just as careful when you cough. We can catch colds and sore throats from people who are careless when they cough or spit or sneeze.

Use your handkerchief every time or you will make other people catch your cold, and then they will "sneeze for sorrow," even if it isn't Friday.







## IF YOU SNEEZE

If you sneeze on Monday, you sneeze for danger;  
Sneeze on a Tuesday, kiss a stranger;  
Sneeze on a Wednesday, sneeze for a letter;  
Sneeze on a Thursday, something better;  
Sneeze on a Friday, sneeze for sorrow;  
Sneeze on a Saturday, see your sweetheart to-  
morrow.



Think of all the dirty places where that little mouse has been! All over the floor, in the garbage pail and out in the barnyard, too. Dirty little mouse, keep off my table! Keep out of my dishes!

We eat clean food in this house. We won't let you taste our food first. Neither de we let the flies walk over it, for their feet are dirty just like yours.

You look like a dear little thing, but we know your ways. You'll have to keep out of our house, you rats and mice. Run away! Run!





## WHEN I WAS A LITTLE BOY

When I was a little boy  
I lived by myself,  
And all the bread and cheese I had  
I laid upon the shelf;

The rats and the mice\*  
They led me such a life,  
That I had to go to London  
To buy me a wife.



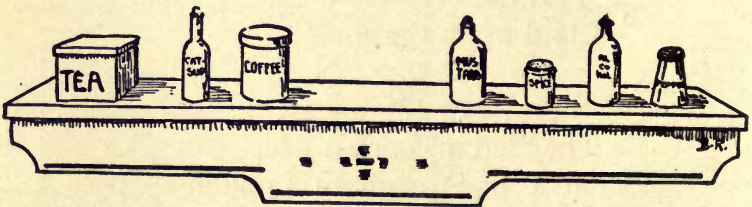


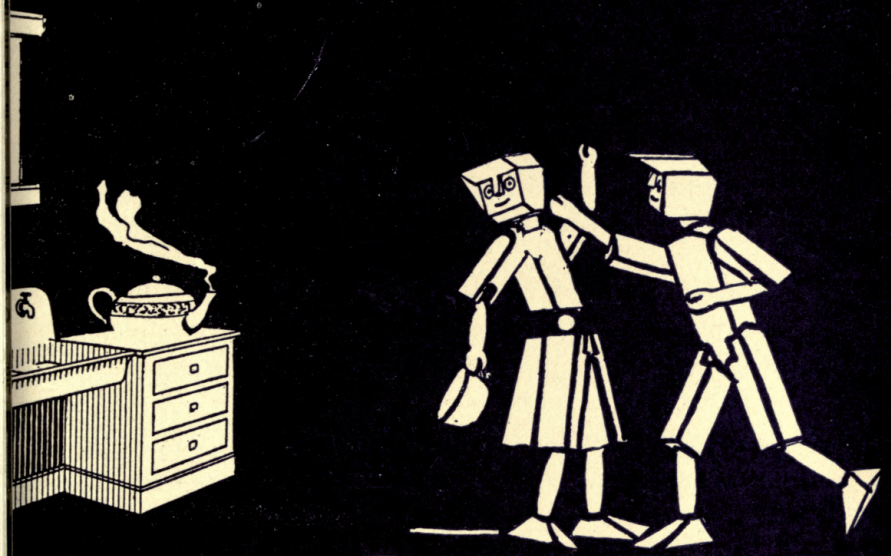
Tea and coffee are not good for growing children. Perhaps they are not good for anybody. Anyhow we know they are not good for children like Molly and me.

Some of the wrong things to eat and drink make us ill. Some of them make us too fat. Some make our noses red. Our real Mother Goose book tells about that.

Nose, nose, jolly red nose;  
And what gave thee that jolly red nose?  
Whisky and beer, mustard and spice  
That's what gave me this jolly red nose.

Too much pepper is not good for us either. I'll put it up on the shelf with the other things Molly and I have stopped eating.





## MOLLY AND I

Molly, my sister, and I fell out;  
And what do you think it was all about?  
She loved coffee and I loved tea,  
And that was the reason we couldn't agree.



Most boys and girls have to stay indoors when it rains or snows; but if they would be careful and wear proper clothes they could have such good times out in the rain and snow.

You don't have to have leather clothes, like this old man. Wear rubbers and a raincoat when you need them. Sometimes an umbrella is just the thing.

Keep your feet dry and take off your wet things when you come in. Don't keep them on and get chilled.

Rain and snow are not very good for our clothes, but they won't hurt us if we are careful.







## ONE MISTY MOISTY MORNING

One misty moisty morning,  
When cloudy was the weather,  
There I met an old man  
Clothed all in leather

Clothed all in leather,  
With cap under his chin;  
How do you do, and how do you do?  
And how do you do again!



One little nail lost the whole battle!

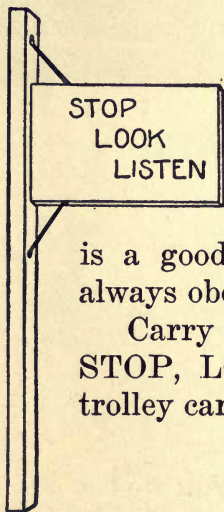
What stories can you tell about little things?

I know one little shoe string that made a man miss his train. How did it do that?

One little hole in a boy's tooth made him stay home from a picnic. Can you tell why?

One boy stole just one ride, hanging on the back of a truck, and broke his arm.

One little banana peel made a little girl go on crutches for a whole winter.



is a good sign for everybody. Good drivers always obey that sign.

Carry that little sign in your heads, and STOP, LOOK, LISTEN for motor cars and trolley cars before you cross the street.



## FOR WANT OF A NAIL

For want of a nail, the shoe was lost;  
For want of a shoe, the horse was lost;  
For want of a horse, the rider was lost;  
For want of a rider, the battle was lost;  
For want of a battle, the kingdom was lost;  
And all for the want of a horseshoe nail!





Do you sleep outdoors?

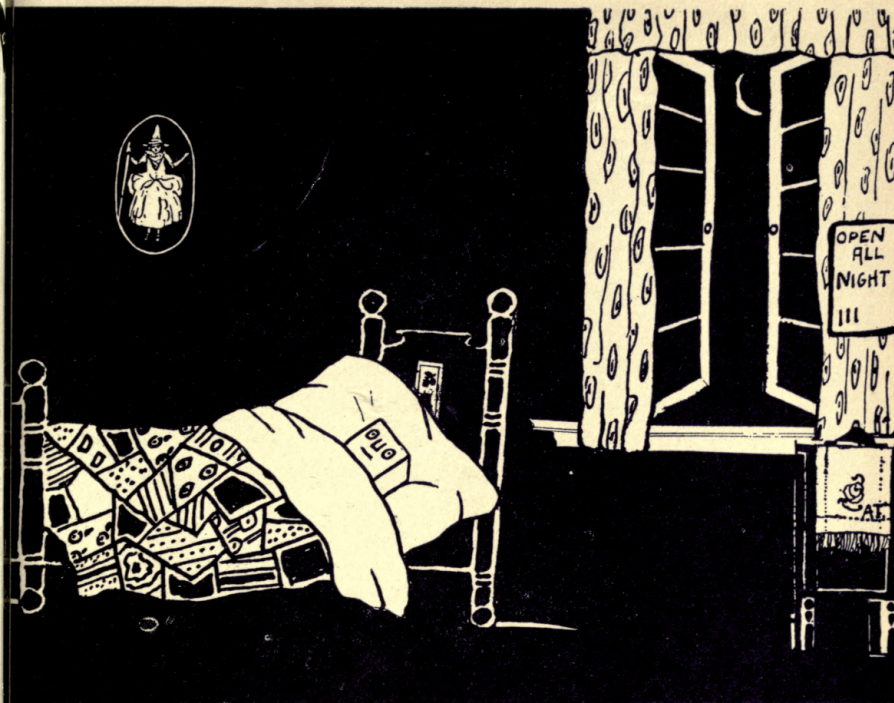
That is the best place to sleep, even in cold weather.

But if you sleep indoors, have at least one window wide open, even in winter.

Pin a piece of paper on your window to show how many nights you had it open. Put one mark on it every morning when you get up.

Or, instead, cross out one of these numbers for every night this month you have your window open.

1	6	11	16	21	26
2	7	12	17	22	27
3	8	13	18	23	28
4	9	14	19	24	29
5	10	15	20	25	30



## ROCK-A-BYE, BABY

Rock-a-bye, baby, on the tree top,  
When the wind blows, the cradle will rock;  
When the bough breaks, the cradle will fall;  
Down will come baby and cradle, and all.



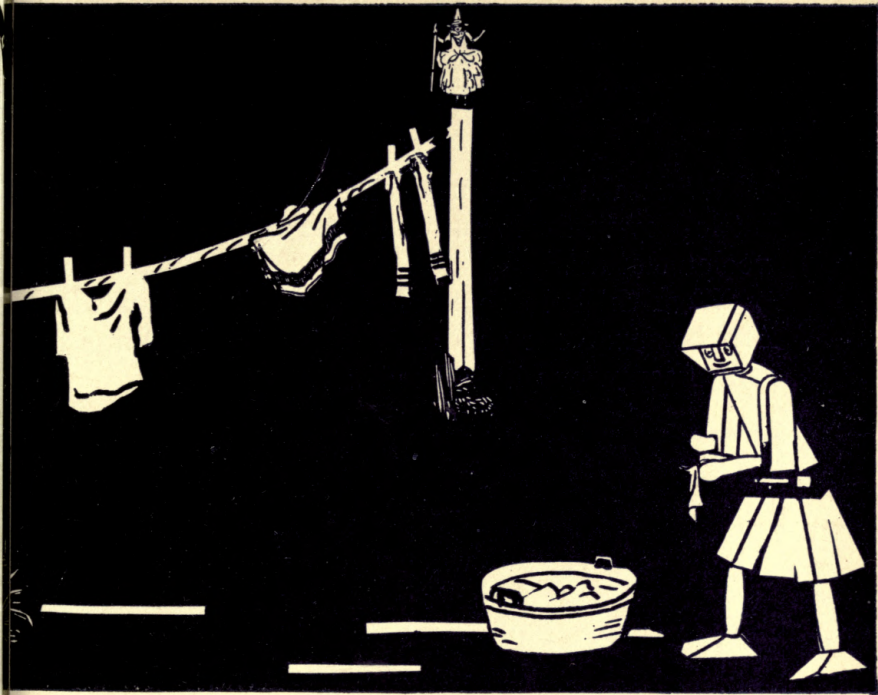
Do you feel like dancing when you are clean?

Dirt doesn't always make people sick. But I'd rather be clean, anyhow. Wouldn't you?

Why when I'm clean I feel so fine—I feel good all through. Somehow it is easier to be good when I'm clean. Perhaps that's one reason why mothers work so hard to keep us clean. What is the other reason?







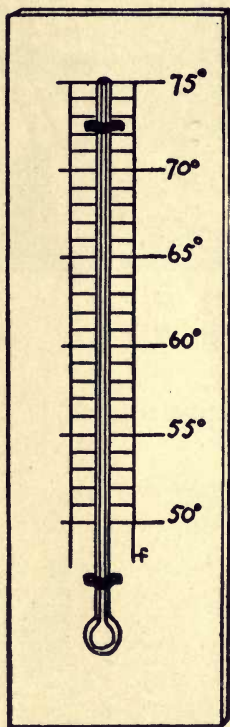
## THE OLD WOMAN AT THE TUB

The old woman must stand at the tub-tub-tub,  
The dirty clothes to rub-rub-rub;  
And when they are clean and fit to be seen,  
She'll dance like a lady on the green.



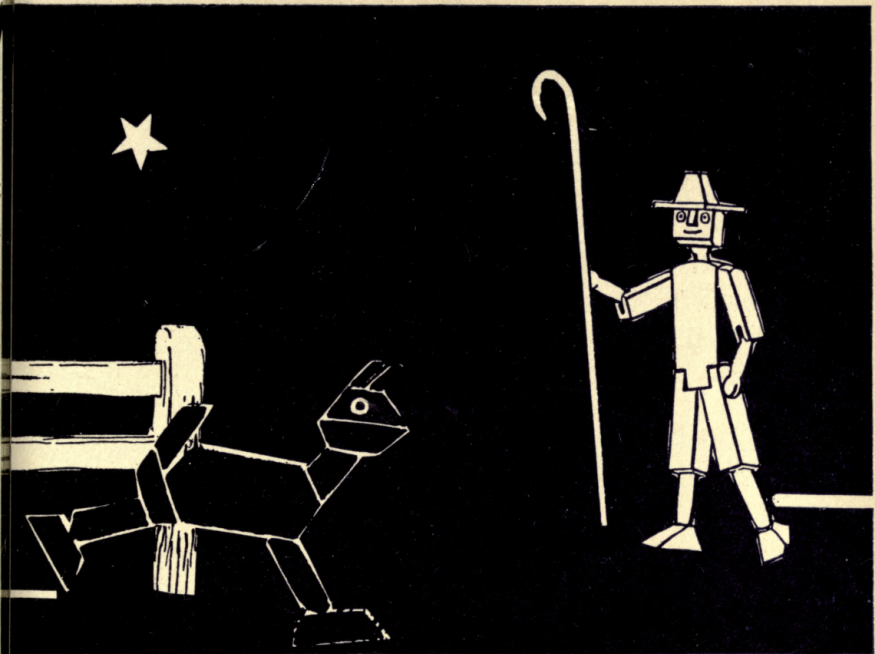
When winter comes, and it is very cold that Little-Boy-in-the-Lane will cry for some nice warm woolen clothes.

Wear thick, loose, woolen clothes in cold weather. And be sure your shoes aren't too tight. Your feet can't keep warm in tight shoes.



Take your warm outdoor clothes off when you come into the house. It isn't good for you to sit in warm places, such as trains or school-houses or churches, with all your warm wraps on.

Sometimes those places are much too warm. Mark this thermometer with a red pencil to show when we should open a door or window to cool the room.



## BAA, BAA, BLACK SHEEP

Baa, baa, black sheep,  
Have you any wool?  
Yes, marry, have I,  
Three bags full;  
One for my master,  
One for my dame,  
But none for the little Boy  
Who cries in the Lane.





Which shoe in the store window is your shoe? Which shoe will help you climb the hills? Which shoe will hurt your foot even if you do nothing but sit still?

Look at the shoes people wear until you can write the answers to these questions.

1. Where should a shoe be loose?
2. Where should a shoe be tight?
3. Why should your shoe have a very low heel?





## TO BOSTON-TOWN

One foot up

and one foot

down;

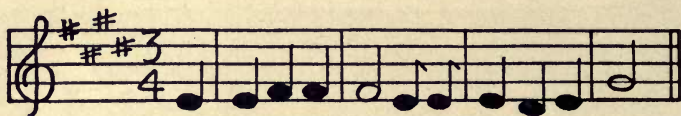
This is the way

to Boston

town.



Once I heard a girl sing a little song which went this way:



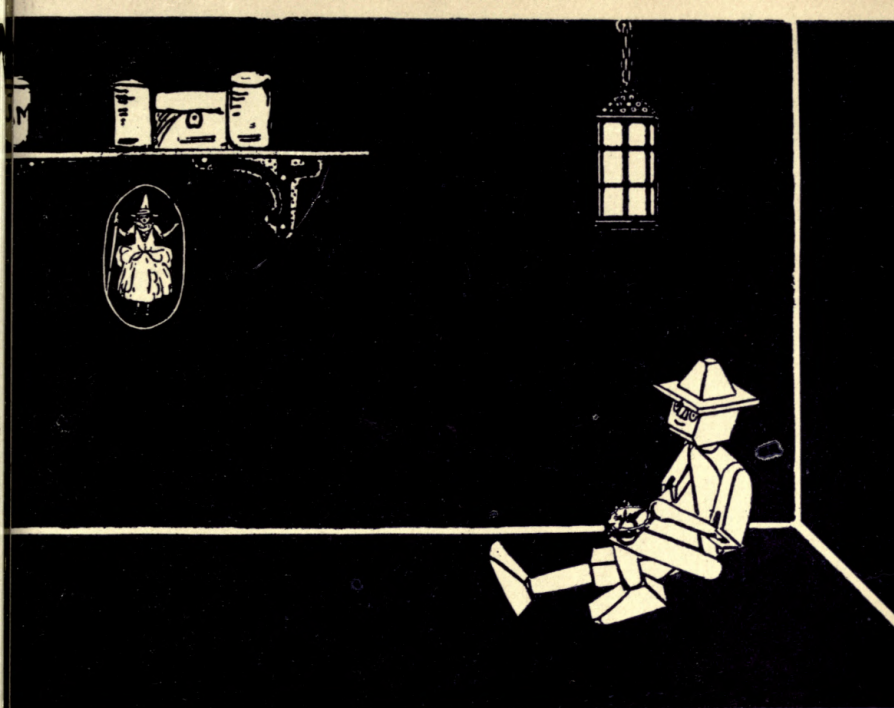
An apple a day keeps the doctor away.

She knew that fruits like raisins and apples are good for us.

Eat raisins, prunes, oranges, apples or some kind of fruit every day and then, like Jack, you can say "What a good boy am I".







## LITTLE JACK HORNER

Little Jack Horner  
Sat in a corner,  
Eating a Christmas pie;  
He put in his thumb,  
And pulled out a plum,  
And said, "What a good boy am I!"

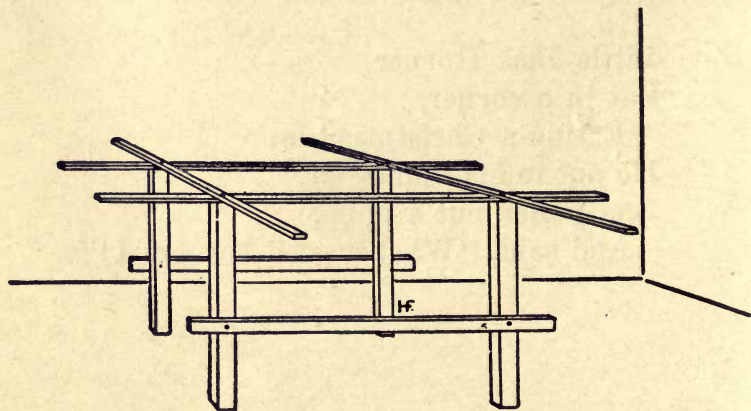


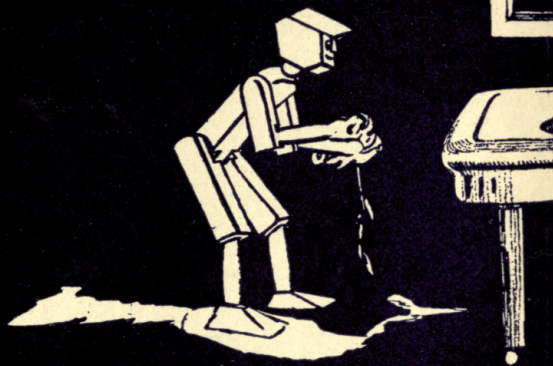
Who would be Diddle-Daddle John, when it feels so good to get into nice clean night-clothes and climb into a nice clean bed with clean, cool sheets?

Diddle-Daddle John doesn't know how nice a good warm bath makes you feel, or he'd take off his clothes and have a good wash before going to bed.

How does he air his clothes if he wears them all the time? Do you spread your clothes out on the chairs to air at night?

Perhaps you can make a nice rack that will hold them better than a chair would. Leave all the ends long; that will make it easy to spread everything out.





## DIDDLE, DADDLE, JOHN

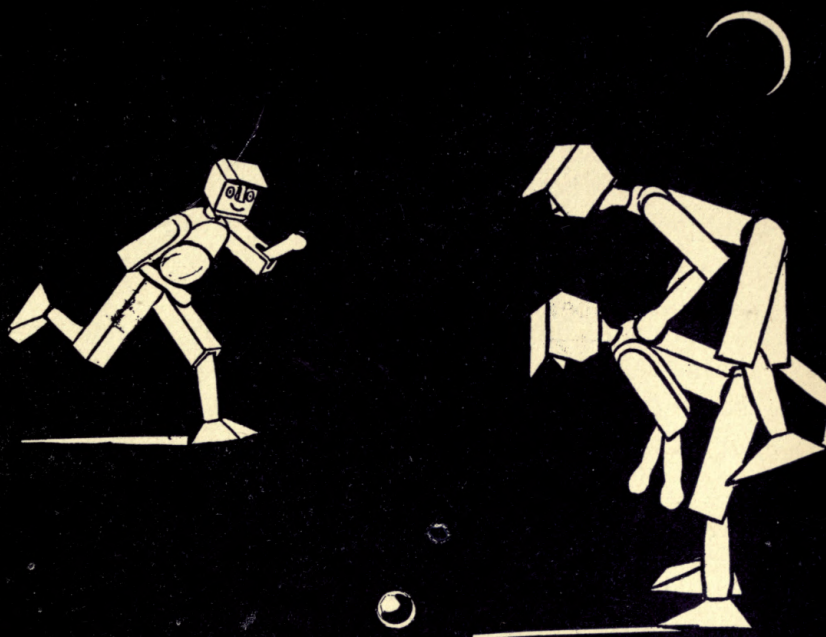
Diddle, daddle, dumpling, my son John,  
Went to bed with his stockings on;  
One shoe off, and one shoe on;  
Diddle, daddle, dumpling, my son John.





Girls and boys, come, *stop* your play.  
The moon doth shine; it is not day.  
You've had your supper and need your sleep;  
Say " Good night, playfellows ", and *leave*  
the street.





## COME OUT TO PLAY

Girls and boys, come out to play;  
The moon doth shine as bright as day;  
Leave your supper, and leave your sleep,  
And come with your playfellows into the street.



A little boy who worked as hard as that for his supper should have been better paid than little Tom Tucker was.

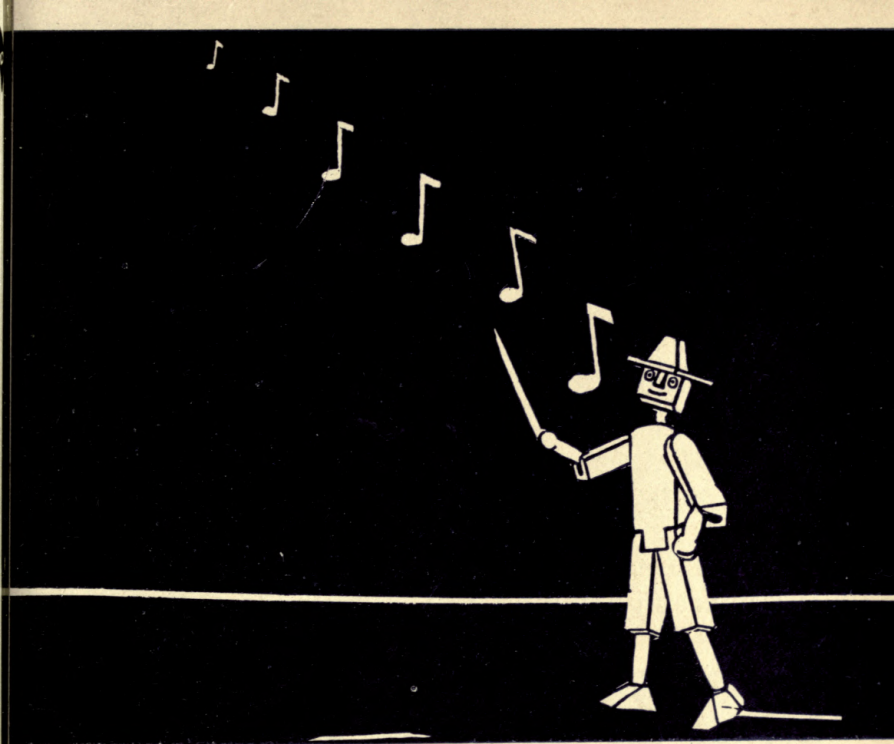
I would have given him brown bread, not white bread. Butter is a good food, but he should have had some fruit or vegetables, too, and at least one glass of milk.

No wonder he is such a little fellow—almost skinny, I'd call him. Can you put one word in this rhyme to show what kind of bread Tom should have for supper?

O, why so big, you big Tom Tucker?  
Because I eat.....bread and butter.







## LITTLE TOM TUCKER

Little Tom Tucker  
Sings for his supper;  
What shall he eat?  
White bread and butter.



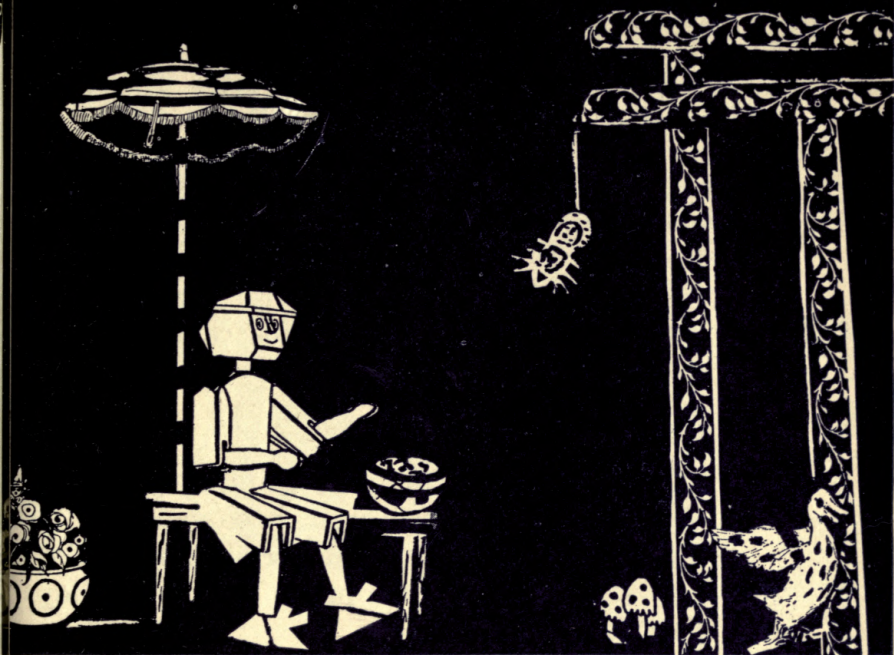
Little Miss Muffet was a silly little thing, to leave her bowl of nice sour milk because a spider came near her.

Nice, sour milk! Does that make your noses go up? Why, you silly little boys and girls! Little Miss Muffet was wiser than you are. She liked any kind of milk, even sour milk.

I'm sure her mother never had to say to her, "You aren't drinking your milk."



Here are twenty-one glasses of milk—one for each meal for a whole week. Mark one out with a black pencil every time you drink your glass of milk, and see how many are left at the end of the week.



## LITTLE MISS MUFFET

Little Miss Muffet

Sat on a tuffet

Eating her curds and whey;

Along came a spider,

And sat down beside her,

And frightened Miss Muffet away.





When I was a little boy I crawled up to King Boggen's house one dark night and ate all the candy door knobs, six window panes, and a big piece of the roof. While I was biting off a brown piece of pie-crust, out ran little King Boggen and caught me. I tried to run away but I couldn't run—I had eaten too much.

That's the trouble with sweet things. They are so good we eat and eat, until we eat too much.

Sweet things like candy spoil our appetites. Eat your candy at the end of the meal; then you enjoy your other food more.

Mother says I only dreamed I went to King Boggen's house. I wonder if I did; for in the morning I woke up in my own bed.





## LITTLE KING BOGGEN

Little King Boggen, he built a fine hall,  
Pie crust and pastry crust, that was the wall;  
The windows were made of black-pudding and white,  
And slated with pancakes! You ne'er saw the like.



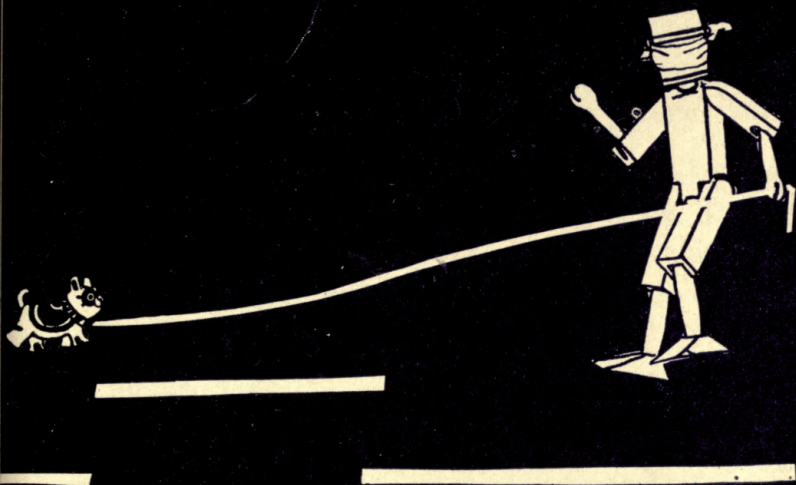
Even if we could get new eyes by jumping into another bramble bush, we'd take care of our own old eyes, wouldn't we?

But we can't scratch new ones in again, so we must be careful of the eyes we have. For even if we had a little dog to lead us around, it wouldn't be much fun, would it?

Write YES after the things you will try to do; and write NO after the things you will try not to do.

1. Read in the dark .....
2. Rub your eyes with dirty fingers .....
3. Rest your eyes by closing  
them for a few minutes .....
4. Read while swinging or rocking .....





## A MAN IN OUR TOWN

There was a man in our town  
And he was wondrous wise,  
He jumped into a bramble bush  
And scratched out both his eyes.

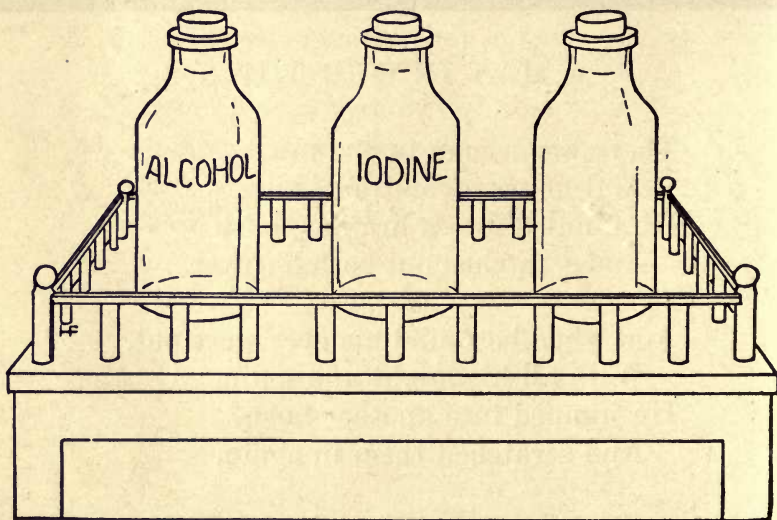
And when he found his eyes were out,  
With all his might and main,  
He jumped into another bush  
And scratched them in again.



I wish I had been on the hill to help Jack and Jill with my First Aid Kit. I would have put a nice clean bandage on Jack instead of brown paper.

If Jack's head had a bruise I would have bathed it with water—very hot water and very cold water. And then very hot, and very cold, over and over again. That keeps bruises from swelling and from turning black-and-blue.

Instead of vinegar, I use iodine for cuts. Or sometimes, a little alcohol. What does your mother use for cuts and splinters? Print it on the third bottle.





## JACK AND JILL

Jack and Jill went up the hill,  
To fetch a pail of water;  
Jack fell down, and broke his crown,  
And Jill came tumbling after.

Then up Jack got and home did trot,  
As fast as he could caper;  
And went to bed to mend his head  
With vinegar and brown paper.





Even grown-up people do not wear long skirts now-adays, but there are lots of boys and girls just as silly as Miss Lily.

They throw their hats and coats around on the ground and on the dirty floor.

Go open the door of the coat room and see if there is a Silly Lily or a Silly Billy in your school.

I know a Silly Billy lives in this house. See where he hangs his hat. He hangs it on the f...r!





## SILLY MISS LILY

Little Miss Lily, you're dreadfully silly  
To wear such a very long skirt;  
If you take my advice, you would hold it up nice,  
And not let it trail in the dirt.



When a bird is cold he fluffs out his feathers until he is like a little round ball. The layers and layers of air in between the layers and layers of feathers keep him warm.

We can keep warm that way, too. In winter we wear loose, soft, woolen clothes that hold in the layers of air and *that* keeps us warm.

The north wind doth  
blow,  
And we shall have snow,  
And what will the chil-  
dren do then,  
Poor things?

When lessons are done,  
They'll jump, skip, and  
run,  
And that's how they'll  
keep themselves warm,  
Poor things!

Doesn't the boy on the window seat know this?  
He's been playing in the house all day.

What a



he is!





## THE NORTH WIND

The north wind doth  
blow,  
And we shall have snow,  
And what will the robin  
do then,

Poor thing?

He'll sit in the barn  
And keep himself warm,  
And hide his head under  
his wing,

Poor thing!

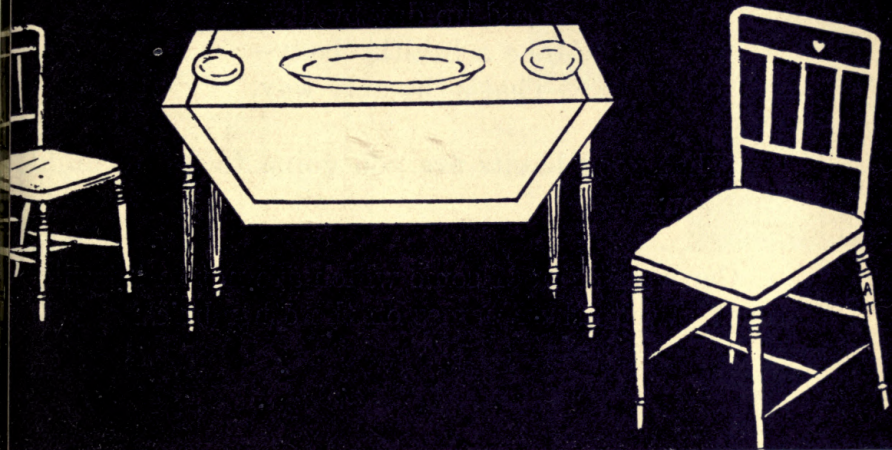


I don't believe Jack Sprat ate lean meat and nothing else. Do you really think his wife ate nothing but fat meat?

Just one kind of food isn't good for anybody. All fat meat or all lean meat would be almost as bad for us as all candy would be. Let us tell Jack Sprat to eat more kinds of food:

Jack, you should eat all kinds of food,  
So, also, should your wife.  
Unless you change, soon sick you'll be  
And shortly leave this life.





## JACK SPRAT

Jack Sprat could eat no fat,  
His wife could eat no lean;  
So twixt them both they cleared the cloth,  
And left the platter clean.



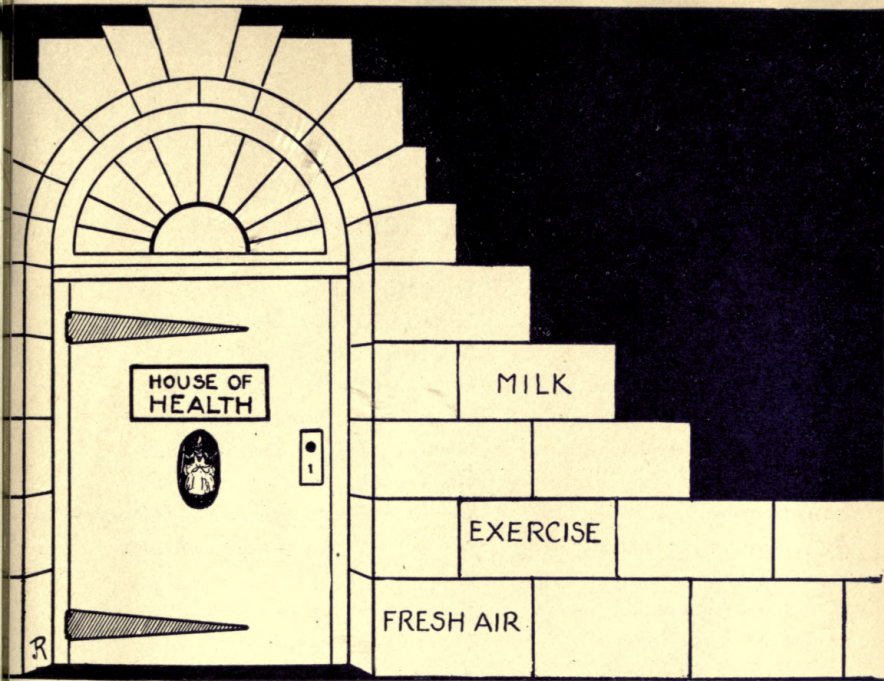


Little bricks of habits  
Laid up day by day  
Make a healthy body—  
That's the only way.

What good habits are you going to use to build  
your house?

Can you think of some which are not in this pic-  
ture? Write their names on the other bricks.





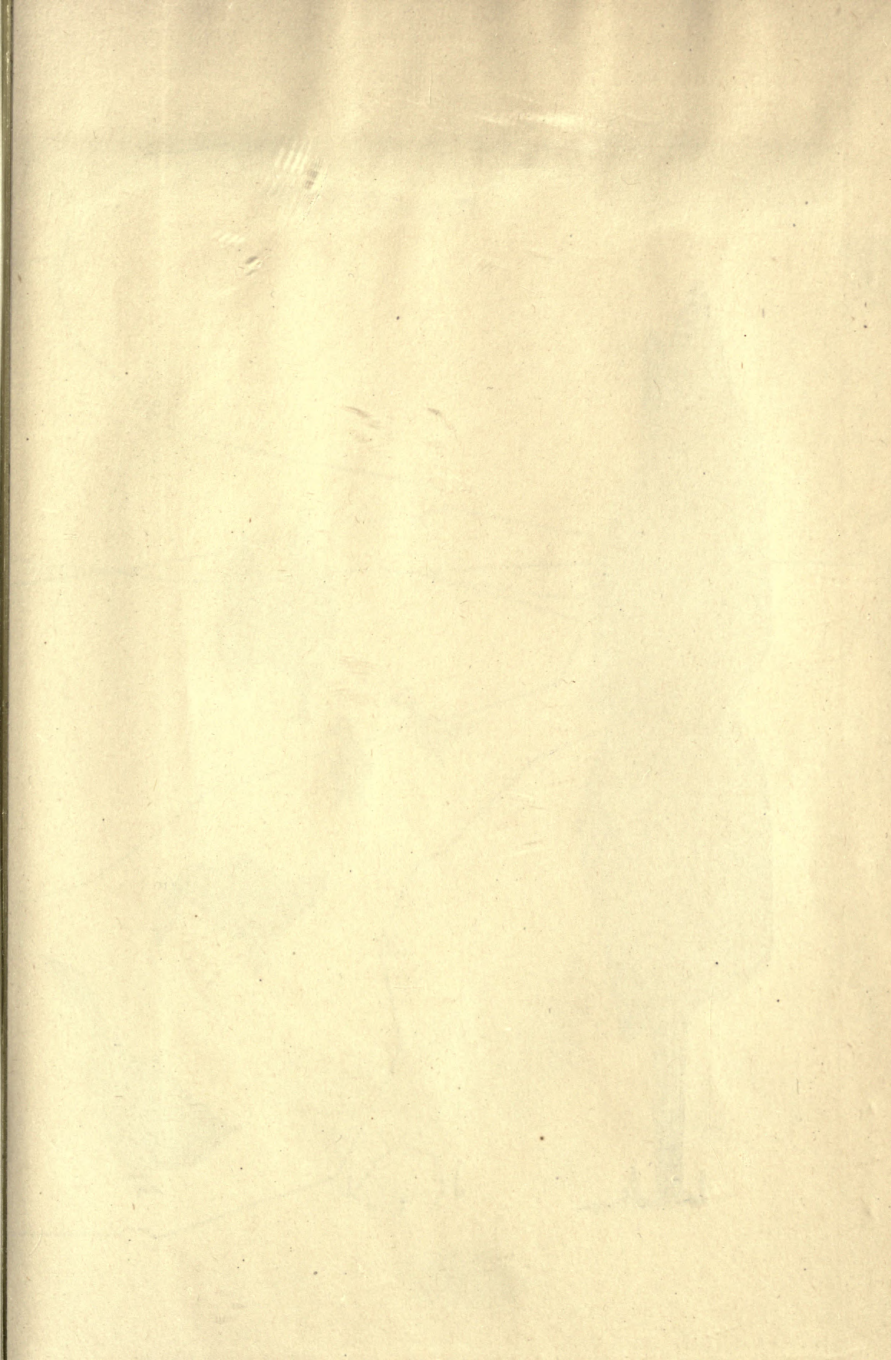
## LITTLE DROPS OF WATER

Little drops of water,  
Little grains of sand,  
Make the mighty ocean  
And the pleasant land.

## TOPICS INCLUDED

Foods—Milk .....	Little Miss Muffet
Fruits and Vegetables ..	Little Tom Tucker; Little Jack Horner
Variety .....	Jack Sprat; Little Tom Tucker
Brown Bread.....	Little Tom Tucker
Meat Substitutes .....	Dance to your Daddy; Pease-pudding
Overeating .....	Bonnie Lass; Little King Boggen
Stimulants .....	Mollie and I
Exercise .....	Jack be nimble; Bonnie Lass; The North Wind
Sleep.....	Wee Willie Winkie; Come out to play
Fresh Air .....	Rock-a-bye, Baby
Good Posture.....	The crooked man
Care of the Teeth.....	Thirty white horses
Care of the Eyes .....	A man in our town
Proper Shoes.....	To Boston-town
Suitable Clothing .....	{Baa, baa, black sheep; The North Wind; One misty-moisty morning
Cleanliness .....	{The little clock; Diddle, daddle, John; The old woman at the tub
Spreading Disease.....	{If you sneeze; When I was a little boy; Silly Miss Lily
Accidents and First Aid .....	Jack and Jill; For want of a nail
Cheerfulness .....	A merry heart
Summary—House of Health ....	Little drops of water





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